

# Chapatis Flatbread

Rating: ★★★★★

Makes: 6 servings

## Ingredients

**2 cups** whole wheat flour  
**2/3 cup** water (warm)  
**2 teaspoons** vegetable oil  
**1 pinch** salt

## Directions

1. Place the flour in a large mixing bowl. Add water, oil, and salt. Mix with fork and then with hands. Keep mixing until you can make a ball.
2. Knead the dough for about 10 minutes. Let rest for 30 minutes in the bowl, covered with a damp cloth.
3. Roll the ball into a 12-inch log and cut into 6 chunks.
4. Roll each chunk into a very thin pancake, about 7-inches in diameter. Don't worry about making the dough into a perfect circle-just try to get it as thin as you can.
5. Heat a cast iron skillet (lightly greased) on medium-high heat. Place one chapati in the skillet and cook for 30 seconds.
6. Use a spatula to lift bread. When chapati gets brown spots and bubbles, flip it over and cook for another 30 seconds.
7. Wrap the cooked chapati in a cloth napkin while cooking the rest.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	149	
Total Fat	2 g	3%
Protein	5 g	
Carbohydrates	29 g	10%
Dietary Fiber	5 g	20%
Saturated Fat	0 g	0%
Sodium	99 mg	4%

## MyPlate Food Groups

Grains	2 1/2 ounces
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8. Eat them right away with a little butter or margarine, or use as scoops for eating other dishes.

University of Illinois, Extension Service, Wellness Ways Resource Book: Taste of the World